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## **INFLUENCE OF THE CELL PHONES ON PHYSICAL AND MENTAL HEALTH OF STUDENTS**

**Abstract:** This article discusses the influence of cell phones on the physical and mental health of people and especially on the health of students. The authors note the negative influence of cell phones on vision and the reduction of the melatonin (a sleep hormone) synthesis in the body of mobile phone users that is caused by using these gadgets in the dark before sleep, which often causes insomnia. The article also describes the negative electromagnetic waves impact radiated by a cell phone on the human body. In addition, the paper considers the mobile phone addiction.

**Keywords:** cell phone, physical health, mental health, electromagnetic waves, students.

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## **ВЛИЯНИЕ СОТОВЫХ ТЕЛЕФОНОВ НА ФИЗИЧЕСКОЕ И ПСИХИЧЕСКОЕ ЗДОРОВЬЕ СТУДЕНТОВ**

**Аннотация:** В данной статье рассмотрено влияние сотовых телефонов на физическое и психическое здоровье людей и, в частности, на здоровье студентов. Авторы статьи отмечают негативное влияние сотовых телефонов на зрение, а также говорят о снижении синтеза мелатонина (гормона сна) в организме пользователей из-за использования мобильных устройств в темноте перед сном, что часто является причиной бессонницы. Кроме того, в

статье рассказано о негативном воздействии на человеческий организм электромагнитных волн, излучаемых сотовым телефоном. Помимо этого, в работе также говорится о возможном развитии зависимости от мобильного телефона.

**Ключевые слова:** сотовый телефон, физическое здоровье, психическое здоровье, электромагнитные волны, студенты.

XXI century is called the century of high technologies, the most prominent of which is a mobile or cell telephone. Nowadays, cell phones constitute an essential part of human lives. They play an important role in our everyday life, allowing us to communicate with each other, surf the Internet, look for information we need, listen to music, play different games, etc. At the same time, we should realize that a mobile phone is the same electronic device as a personal computer, a radio or even a battery. That is the reason why we should remember that mobile phones could influence negatively the human health.

Scientists warn that mobile connection, the Internet and different modern electronic devices are the sources of electromagnetic radiation. These electromagnetic waves can trigger a variety of human cells and cause disturbances of the gene order [3]. According to the statistics, about 70% of all cell phone users talk on it more than 30 min a day, 30% of people have 2 or more mobile phones, 40% put their phones at night closer than 0.7 m from their head (at the same time, cell phones always radiate electromagnetic waves for communication with the base station) [4].

Mobile phone abuse is especially spread among young people. Although most students know about the detrimental influence of electromagnetic waves, they do not follow the rules of working with their devices. According to the statistic, approximately 81% of young people send at least 30 messages a day and every fourth student has been using cell telephone for 6 years [2]. At the same time, this habit can cause different diseases and illnesses of human body and nervous system. For example, our eyes are poorly adapted to seeing bright pictures on small screens of cell phones. These screened pictures consist of many different separate dots that shine and flicker. That is the reason why many cell phone users say that their vision is becoming worse and worse. Besides, other

symptoms such as streaming eyes, headache, distress and double vision can also appear [1].

It is also necessary to mention that cell telephones, making our life easier, on the one hand, can be the reason of strong addiction, on the other. Virtual world is becoming more and more popular nowadays, especially among students. Many young people from all over the world spend almost all the time with their mobile phones in their hands. They prefer not to take part in the real life and stay at home, deepened into the screen. Such failure to stop using the mobile phone permanently induces addiction. Regular watching the bright screen at night promotes the synthesis of melatonin, a sleep hormone, impairment. This in its turn leads to poor sleep and insomnia.

Summarizing everything mentioned above, one cannot deny the invention of cell telephones has changed human lives. At the same time, it has caused the strong addiction among people and especially among students. Still today, mobile phones are making our life easier and we cannot imagine living without them. Nevertheless, while using these electronic devices we should follow the recommendations of the proper use.

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